

FIVE POINTS BRANCH FALL 1 GYM/STUDIO SCHEDULE (8/31-10/25)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 6am-8:45am	Open Gym 6am-7:45am	Open Gym 6am-8:45am	Open Gym 6am-7:45am	Open Gym 6am-10:15am	Open Gym 7am-8:45am
Active Older Adults 9am-10am Linda	Action Against Arthritis 8am-9am Linda Starts 9/8/26	Active Older Adults 9am-10am Linda	Action Against Arthritis 8am-9am Linda	Knee Class 9:00am-9:30am Jodi STUDIO	Youth Classes 9am-3pm
Enhance Fitness 10:15am-11:15am Linda	Action Against Arthritis 9:15am-10:15am Linda	Enhance Fitness 10:15am-11:15am Linda	Action Against Arthritis 9:15am-10:15am Linda	Enhance Fitness 10:15am-11:15am Linda	Open Gym 3:00pm-4:45pm
Child Care* 11:30am-12:30pm	Tai Chi 10:30-11:30am Linda	Child Care* 11:30am-12:30pm	Tai Chi 10:30-11:30am Linda	Child Care* 11:30am-12:30am	
Falls Prevention with Walt 11:45pm-12:45pm STUDIO	Childcare* 11:30-12:30pm	Open Gym 12:30pm-5:30pm	Childcare* 11:30-12:30pm	Pickleball 12:30pm-2:00pm	
Open Gym 12:30pm-6:30pm	Open Gym 12:30pm-8:45pm	Gymnastics 5:30pm-8:30pm FITNESS CENTER	Open Gym 12:30pm-5:15pm	Open Gym 2pm-6:30pm	SUNDAY
Inter. Ballet/Tap 5:30pm-6:15pm STUDIO	Ballet and Tap 5:00pm-5:45pm STUDIO	Tae Kwon Do (Ages 5+ beginner) 5:45pm-6:30pm George	Youth Basketball 5:30pm-6:30pm Gerry	Teen Night* 7:00pm-8:00pm	Open Gym 8am-9am
Tae Kwon Do (Ages 5+ Yellow Combo) 6:30pm-7:15pm George FITNESS CENTER	Hip-Hop/Acro 5:45pm-6:30pm STUDIO	Tae Kwon Do (Ages 5-12 Yellow stripe +) 6:30pm-7:15pm George	Open Gym 6:30pm – 8:45pm	Open Gym 8pm –8:45pm	Pickleball 9am-11am
Stretch and Flex 6:30pm-7:30pm Lucero STUDIO	Zumba with Shareena 7:15pm-8:00pm STUDIO	Open Gym 7:15pm –8:45pm			Open Gym 11am-4:45pm
Skills and Drills Basketball 6:30pm-7:30pm Jason					
Open Gym 8pm – 8:45pm		Schedule is subject to change. *Please call the welcome center to confirm gym availability			